

Facets

December 2010



The season for
GIVING
The women of
Altrusa give back

- + DIY gifts anyone can make + The Christmas letter
- + Making the most of holiday shopping + And more



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.....
Amy Clark RD, LD

Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered

4 DIY GIFTS ANYONE CAN MAKE

Gifts from the heart don't have to cost a lot.

5 HOLIDAY SHOPPING

Making the most of holiday shopping.

6 GENERATIONS OF GIVING

The women of Altrusa give back to the community.

8 ALTRUSA HOLIDAY HOME TOUR

10 THE DREADED CHRISTMAS LETTER

11 CHRISTMAS MEMORIES

A child's-eye view of Christmas.

14 GIRLFRIEND'S GUIDE TO FINANCIAL INDEPENDENCE

15 FITNESS

Fitness gifts.

16 DIETITIAN

Ten strategies for healthy holiday eating.

17 FOOD BITES

Chocolate shortbread cookies.

18 SKIN CARE

Get glowing this holiday season.

19 SOMETHING TO LOOK FORWARD TO

Going short.

20 LOCAL SHOPPING

Looking for that unusual gift?

21 FACETED WOMAN

Maria McFarland.

22 HUE & CRY

Goodbye and thank you.

ON THE COVER

Altrusa International of Ames members, foreground, left to right, Melanie Cornwell, Mary Kay Abbott, Mary Clare Lokken; and, background, left to right, Danielle Cornwell and MaryJune Jackson. By Nirmalendu Majumdar.

contributors



DEBRA ATKINSON, M.S., C.S.C.S., graduated from Iowa State, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.



PEGGY BEST is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and resides in Ames. She has one son, one stepdaughter and two grandsons.



CLARE BILLS is a writer, speaker and artist living in Ames. She has a master's degree in journalism and is also a graduate of the Institute for Children's Literature. She now writes for magazines and websites.



JENN BOCELLA is a junior at Iowa State University majoring in communication studies/journalism. She is involved with the campus ministry The Salt Company and enjoys quality time with family and friends.



DEBORAH BUNKA is a freelance writer, graphic designer and jewelry maker. Her interests include politics, literature and geology. A native of Canada, she moved to Ames 12 years ago where she lives with her husband and two children.



AMY CLARK received a bachelor's degree from Iowa State University with an emphasis in dietetics. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being.



MOLLY CLARK is an Iowa State University student majoring in journalism visual communications. She is from Atlantic. Molly also works part time as a street vendor in Ames.



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KAREN PETERSEN graduated from Iowa State University in family resource management. She is a Certified Financial Planner, has three grandchildren and can be found on Ada Hayden Lake kayaking.

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holidays | DIY GIFTS ANYONE CAN MAKE

Gifts from the heart

One of my favorite holiday memories happened on my fifth Christmas. My parents' business was in deep financial trouble, but they were determined to provide gifts for their five daughters. Night after night, my father went to the basement, admonishing us not to peek down the stairs. On Christmas morning, we were treated to handmade toys: wooden blocks, a ring toss, a doll house and a miniature stove and sink all made by my father.

Encouraged by this example, I have continued the tradition by making a few gifts each year. I typically make jams, jellies, cookies and candies for friends. And I sew matching pajamas for my four grandchildren.

Gift-giving season is rushing toward us. For many this means heating up the credit cards and hoping there will be money to pay them off ... later on. As the economy continues to sputter and folks wise up to the dangers of credit, handmade gifts are a logical alternative. There is also a growing movement to find gifts that cost nothing. Ideas abound at the Buy Nothing Christmas website, www.buynothingchristmas.org.

For those who are looking for inexpensive and heartfelt gifts, here are a few ideas. Websites with recipes or more information are sprinkled throughout. Have a blessed holiday season.

FOOD FUN

- Food baskets.** Include nut bread, cookies, candies and a jar of homemade cocoa or Russian tea mix. ([allrecipes.com](http://www.allrecipes.com))

- Cookies in a jar.** Layer the dry ingredients in a glass jar, adorn with ribbon, attach the recipe.

- Spiced-up coffee.** Grind a pound of coffee beans and add two teaspoons of cinnamon, nutmeg or cocoa.

- Home-canned fruits, jams and jellies.** Paint the jars with glass paint to personalize.

CRAFTY IDEAS

- Jars of homemade bath salts.** (www.allfreecrafts.com)

- Recipe book of family favorites.**

- Painting or sketch by you.**

- Calendar with pictures of family members, birthdays and anniversaries.**

- Reusable fabric shopping bags.**

Patterns at www.morsbags.com

- Framed calligraphy** of your favorite



CLARE BILLS



By Clare Bills/Facets

Clockwise from top: Maddy and Liam Fife and cousins Clare and Sophia Bills model matching pajamas.

poem, scripture verse or wedding vows.

- Sweater, scarf or hat** that you knit or crochet.

- Birdseed ball or handmade and painted bird feeder.**

- _packets of birthday cards, all stamped and addressed for family members.**

- Dress-up trunk,** box or suitcase filled with fun clothing, hats and gaudy jewelry for kids.

- Puppets made from a sock.** Sew, knit or crochet works, too.

- Tea towels** personalized by stenciling the recipient's initials or adding ribbons or braid.

GIFTS OF TIME OR CHARITY

- Coupons** for babysitting, housecleaning, cookie-of-the-month, teaching a skill, etc.

- Recording** of you or your children singing songs or telling stories.

- Videotape your parents** talking about memories of their lives to give to your siblings.

- Exercise, art or dance classes** to take together.

- Poem or story for the children in your life.**

- Donation** to a favorite charity in honor of someone special.

- Sponsor a child overseas:** www.globalfundforchildren.org

- Donate an animal or other item** overseas: www.heifer.org

- Provide a micro loan** overseas: www.globalfundforwomen.org

holidays **SHOPPING**



Making the most of holiday shopping

The holidays are finally here, and the shopping clock is ticking. No matter how short the list, there is a method to every woman's madness during this exciting time of year. Whether it's an excuse to go shopping or the pleasure of wrapping each gift with love, care and curly ribbon, each person has her favorite part of the process.



ELAINE LENZ

1 MAKE THE LIST. I like to think I have pretty good intentions of getting my shopping done early. That includes deciding what to get for each person on my list. Once Halloween has come and gone, it's off to the shopping races.

There a few things that make this a great time to start the spending. First, many stores will start sending out deals or coupons in the mail to make this time easier on your pocketbook. Not only can shoppers take full advantage of these deals, but it's also a great way to start making a shopping list. Each coupon will jog your memory about what people have wanted in the past or might make you think of someone who is usually hard to shop for.

2 SHOP TILL YOU DROP. Shopping for other people is always a good time. It's an excuse to peruse my favorite stores and maybe even buy something — without the guilt.

I like to keep my eye out for little stocking stuffers and family gifts early on. These are usually the most fun to look for, and by starting early, I end up stumbling upon things.

Even though I enjoy holiday shopping, there is always one person on my list who either has everything or wants nothing. These are the most challenging people to shop for, and the people I am most glad I started shopping early for. In this case, I like to make a night of shopping with a friend or family member. This usually includes dinner, some drinks and some great shopping with some insight from another source. It always makes the toughest task easier and becomes a great night out.

3 WRAP IT UP. Wrapping has always been a little bit of a neutral subject for me. As a kid, the presents with all the curly ribbon and shiny bows were the most exciting to look at under the tree and wonder what was inside. Yet, all that wrapping takes time that I often don't have.

To wrap my gifts with love and flair, I overcome the time crunch in a couple of ways. First, I stock up on adorable holiday bags and tissue paper of all colors and sizes. This cuts down on time and always looks festive. It's also great to take advantage of stores that will wrap your gifts for you or at least send you along with a box. It saves not only time, but also money. And the results are still lots of pretty gifts under the tree.

4 CHECK IT TWICE. It seems no matter what I do, there is always something I'm out buying at the last minute. I either see something I can't live without or realize at the last second that someone new is attending one of our many family holiday parties. While I do think a list is a great way to cut down on last-minute buying, it is often just part of the process. While it's sometimes tough to fight the crowds, it's always fun to soak in the holiday cheer and make the season last.

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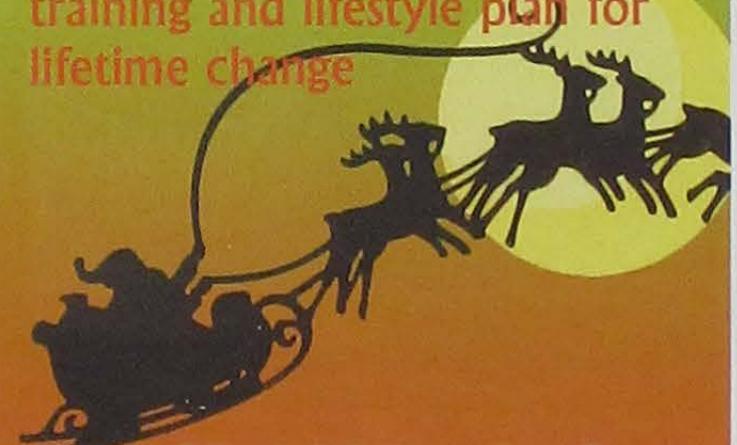
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Generations of giving

The women of Altrusa give back to the community

What is it about a service club that attracts mothers, their daughters and even their granddaughters?

Altrusa International of Ames, a professional service organization, was chartered in Ames in 1965 and boasts generations of Ames women members.

One of the charter members back in 1965 was businesswoman Marian Lokken. Marian left a heritage of service in the Ames community and in her family. Her daughter, Mary Clare Lokken, joined Altrusa in 1977.

"I have made some of my best adult friends in Altrusa, both here in Ames and in clubs around the world," Mary Clare Lokken said. "And I have come to know women who remember when we didn't have the vote and who fought for it as well as women who at an early age gave themselves to service in the community. It's an amazing mix of amazing women then and now."

Altrusa's mission is to create a channel through which leadership talents are coordinated and individual efforts expanded into a single significant volunteer force to improve the quality of life in the community.

"This club can help people of all ages gain the skills to become leaders in many other areas," Lokken said. "After my Altrusa start, I had the confidence to be in Leadership Ames' first class and then to go on to Leadership Iowa. I credit Altrusa for growing my confidence and my awareness of the need for leaders."

Then in 1995, Mary Clare's daughter, MaryJune Jackson, a 2001 graduate of Ames High School, joined the youth branch of Altrusa, the ASTRA Club. Later, as a young professional, MaryJune came back to rejoin Altrusa in 2009.

"It's bridging the generational gap," Jackson said. "It's hard for the younger generation to imagine what life was like decades ago. The horror! No Facebook or texting! Yet even though technology has changed our world dramatically, the idea of serving your local community hasn't. Since 1917, women have been getting together



JENN
BOCELLA



To inquire about membership in Altrusa International of Ames, or to visit a monthly meeting, contact President Betty Boccella at (515) 239-7259.

By Nirmalendu Majumdar/Facets

Members of Altrusa International of Ames, a professional service organization, meet in Ames.

and changing their communities for the better. I'm proud to be a member of the same club that my grandmother, Marian Lokken, helped charter in 1965. I'm proud to carry the message of service and leadership through to the next generation."

The Lokken family is not the only family that enjoys the Altrusa tradition.

Retired businesswoman Mary Kay Abbott became a member of Altrusa in 1976. This is Abbott's 34th year as an Altrusan, and she is still going strong, sharing the Altrusa story and recruiting new members. One member she recruited in 2000 was her daughter, Melanie Cornwell, owner of Mary Kay's Flowers and Gifts. But the story doesn't end there.

Cornwell's daughter, Natalie, became an Altrusa member last year in the Iowa City chapter. Not only that, but her other daughter, Danielle, recently announced that she wants to join the Ames chapter. Cornwell is delighted with her family and its commitment to service.

"I am proud of an organization that strives to grow in a multigenerational way," Cornwell said. "There is great opportunity to extend

the concept of service to others in young people as well as our retired people. Having friends of all ages is a well-rounded life."

Current Altrusa President Betty Boccella said she greatly enjoys the intergenerational club she leads.

"I think being part of such a dynamic volunteer force like Altrusa is only made richer because of the multiple generations we have in the club," Boccella said. "It makes us stronger. I have so much respect for the wisdom and experience of our seasoned members and the work they have accomplished in our community; and I admire the enthusiasm and energy that our younger members bring to the club."

"Altrusa is such a great service organization that really makes a difference in the community. I became a member because I could see so many needs in the community that I couldn't meet by myself. But collectively, working with other women with a passion for service, we can accomplish much. I think many of us hope that our daughters and granddaughters will continue the Altrusa tradition just like the Lokken and Abbott families."



Altrusa International of Ames
boasts generations of
members, including,
foreground, left to right,
MaryJune Jackson, Mary Kay
Abbott, Melanie Cornwell; and,
background, left to right,
Mary Clare Lokken and
Danielle Cornwell.

By Nirmalendu Majumdar/Facets

The Holiday Home Tour

One of the major activities that takes the time and energy of every single Altrusa member is the annual Holiday Home Tour.

For the 22nd year, Altrusa International of Ames is making final plans for its Holiday Home Tour. The event is the major fundraiser for Altrusa and has become a community tradition.

Club members make the dollars raised stretch as far as possible. This year, proceeds from the tour will go to three nonprofit agencies or projects: ACCESS, The Boys and Girls

Club and RSVP's Winter Weatherization Project. In addition to these recipients, part of the proceeds will go to vocational scholarships for women returning to school, a study-abroad scholarship for a college student and a service award for a high school senior.

The Holiday Home Tour will be Saturday and Sunday, Dec. 4 and 5, from 1 p.m. to 5 p.m. each day. Tickets are \$10 in advance and \$12 at the door. Tickets are on sale at Mary Kay's Flowers, Evert's Flowers, Home and Gifts and Coe's Floral and Gifts.



This year, five Ames homes are on the tour. They are the homes of: **1.** Greg and Barb Utesch, 3336 Bayberry Circle; **2.** Steve and Alice Moore, 2421 Dalton Circle; **3.** Kay Faga, 1205 Ridgewood Ave.; **4.** Charles and Joann Burg, 213 8th St.; and **5.** The MonteBello Bed and Breakfast with Jaime and Daphne Reyes, 3535 S. 530th St. These five homes will provide an excellent variety of styles and will be sure to put guests in the holiday spirit.

— STORY BY JENN BOCCELLA
— PHOTOS BY AMY VINCHATTE



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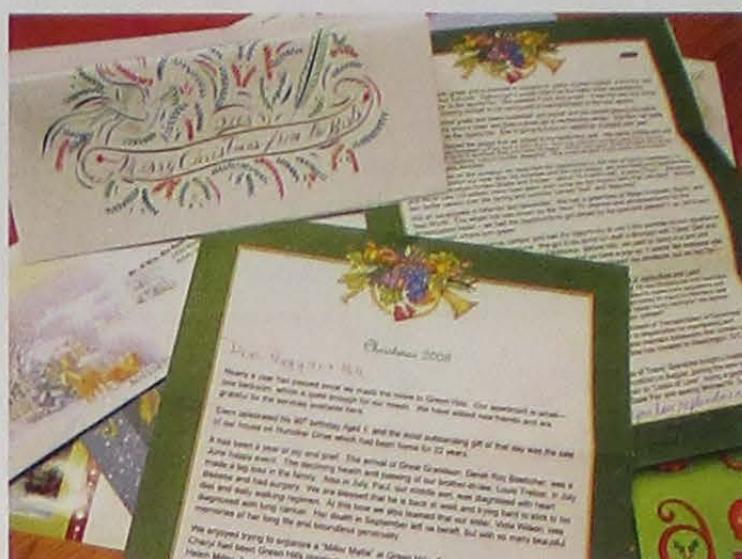
**NORTH GRAND
MALL**

holidays | THE DREADED CHRISTMAS LETTER

Back in the 1980s, I worked for a professor whom I absolutely adored. The first Christmas that I was working for him, he came into work and stated how he was receiving Christmas letters from people he knew, but he didn't personally know their families, and how he just hated receiving these letters and reading about dear Aunt Bessie's hip replacement.



PEGGY BEST



By Peggy Best/Facets

"I don't know these people!" he would cry. I was a little chagrined because I, too, had just sent out my family Christmas letter to him, which would most likely be sitting in his mailbox when he got home that evening.

The next morning when he arrived at work, he was laughing his head off and thanked me for the Christmas letter and then said, "But I STILL hate them!"

From that day forward, it was "game on" between the two of us. Every Christmas I would embellish my Christmas letter just for him, including information such as my latest dental appointment, the fact that we had switched dog foods, changed furnace filters or caulked windows, and any other boring

detail I could come up with. When we would receive the Christmas card from him and his wife, he would be sure to add a note that he was so thankful that we had completed some of those most important tasks and had shared every detail with him.

He is now in his 90s and widowed. And believe it or not, he has started to write his own Christmas letters, updating us on his health and visits from his family. When Christmas cards and letters start to arrive, and I see his return address on a letter-sized envelope, it gives me a good chuckle. Those letters are treasures to me.

I realize that some people would never want to write or read a long, detailed Christmas letter. But for me, it is the time of year where I reflect back on all that has happened in my life since last Christmas. When I wrote the 2009 Christmas letter, I had no idea that the coming year would bring cancer diagnoses (plural) to my family, and that I would lose a dear family member long before his time.

But there have also been blessings upon blessings this past year: a cancer-free diagnosis for my husband; a growing relationship with my sister; continued employment; and all the daily blessings and undeserved grace that are constantly poured over me.

It is also time to wonder what I will write when I sit down to write next year's letter, a year from now. What may change in my life over the next year? Will things still be smooth sailing, or will I have suffered through some horrific event?

So for those of you who love to write Christmas letters and always wonder if people really like them, it just doesn't matter. Write them anyway. It can be therapy for the soul. Here's a thought, maybe to all of you who enjoy writing the dreaded Christmas letter, I should give you my professor's address so you can all send HIM your family news!

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A child's-eye view of Christmas

It's that time of year again, when hearts stir with the anticipation of the season, the air is filled with excitement, Jack Frost is nipping at your nose, and the first snowflakes fall softly to cover the ground. Christmas carols can be heard everywhere, bells are ringing, children singing, but the most special song, of course, is the one that you hold in your heart.

For the students of St. Mary's in Marshalltown, Christmastime centers on Baby Jesus, sharing time with family and friends, and lots of fun in the snow. Let's hear what the fourth-graders at St. Mary's have to say when they picture their favorite holiday memories.

AUDREY: One of my favorite things about Christmas is that on Christmas Eve, Santa always leaves a trail of candy canes down the stairs and to the Christmas tree. My dad tapes us on his video camera picking up all the candy canes we can hold, then opening presents.

EMILY: When I think of Christmas, I think of my kittens, Zane, Zoey and Zeak getting up into the Christmas tree and making the ornaments fall and break.

KYA: Each year I go sledding. We have a hill two blocks in length in my back yard. I go on a two-person sled with my sister. It's a huge field with no trees.

MADISON: I know it's Christmas, and I love it. The bells are ringing and all the lights are on downtown. I love the cookies, the hot chocolate, the eggnog and the beauty of the snow. Getting warm. Doing a Christmas play is fun. I just love Jesus; that's the most important thing.

MONICA: I love Christmas because I get to sometimes go to Osage to see my grandparents. But, when I hear the word Christmas, I think of waiting for my mom and my dad to wake up or just going right in their room to get them up. I love Christmas because my family will be with me around the Christmas tree. For Advent, we get to staple the things we are thankful for on a paper chain to count the days until Christmas.

MACY: I love Christmas because it is my birthday! I love Christmas because I get to



**ROSE
ELSBECKER**

share a birthday with Jesus. I also like getting presents and sledding.

ITZEL: Christmas is very special because Jesus is born. Christmas is finally here, the lights are all twinkling, and I can smell the hot chocolate and gingerbread in the kitchen. My family gathers around the fireplace and opens presents.

STELLA: Every year, we leave out carrots and cookies, and sometimes gum and milk for Santa. It's a tradition.

VIVIAN: Christmas is about loving one another and Christ Jesus. Merry Christmas is being kind to others. Christmas is about loving God and Christ Jesus.

BRENT: I like Christmas because we go to find a Christmas tree, then we get to hang ornaments on the tree. I like to go sledding, too. Plus, I like to get presents.

CAMERON: I love Christmas. I like getting together with my family. I also like having snowball fights.

GIORGIO: I like Christmas because you can pray, get presents and go sledding. We have snowball fights and put up the Christmas tree.

JACOB: When I think of Christmas, I think of inviting a friend to go sledding with me. I also make a snowman with my sister. I love to make food with my mom for a family get-together.

JONATHAN: My favorite thing about Christmas is having the family get together. I like to go sledding with my dad and getting cool presents.

JOSEPH: I like to go snowboarding. It is fun building a snow fort and building a snowman.

RAY: When I think of Christmas, I think of getting to have a big snowball fight or going sledding. We get to celebrate Jesus' birthday.

NICHOLAS: I love Christmas because I get to see my family and friends. I like to have snowball fights and to go sledding and drink hot chocolate. We have fun opening presents.

From candy canes and hot chocolate to finding a tree or a big hill for sledding to opening presents and, best of all, spending time and celebrating holiday traditions with family and friends — that's what Christmas memories are made of for the children of St. Mary's, and for all of us.

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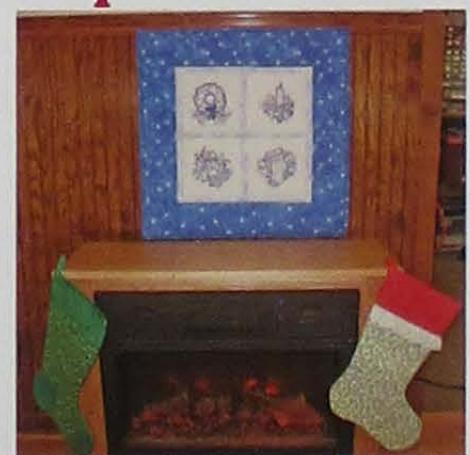


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By KAREN PETERSEN

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My gift to you does not come in a traditional bow-tied package. My gift to you this year is a method, a method for you to create a secure financial future for your family. Here is the method:

Listen: Tell your story. What changes do you want? What are your goals?

Identify: What resources do you have to accomplish the changes? What additional resources do you need?

Design: Determine a plan of action.

Transform: Experience a change from concern to confident.

This method works well for any important life changes or goals. Here is how I used this method to realize one of my best gifts ever.

In July 2008, I injured my leg; by April 2010, I felt helpless. My foot was quickly losing strength, the pain was increasing, my level of frustration could bring me to tears, and I had given up nearly all physical activity. My body was ready to admit defeat, but my head said, "You are not a quitter; you can solve this problem."

I decided to use the Listen, Identify, Design, Transform, or LIDT, method to evaluate the nearly two-year unsuccessful process of diagnosing my foot problem.

Listen: The doctors I called on for diagnosis, and there were many, did not listen to the initial cause of the injury.

Identify: Because they didn't start at the source, even though I insisted the pain in my foot started in my calf, they never really identified the source of the injury. It is difficult to identify the problem if you don't know the cause.

Design: As far as designing the plan to heal, I was given three different recommendations:

"You have a weekend warrior injury; wear this brace and you will be fine."

"As you age, you should expect some pain."

"You need surgery. I could do the surgery, but I don't have much experience with this procedure."

Transform: This is where you are supposed to become confident that you now have a plan, in my case, to transform from pain to pain-free walking.

And I was transformed. I realized I needed a different doctor, a specialist in leg and foot injuries.

I found a doctor that specialized in injuries that affect the feet. He asked about the initial injury, listening to the cause and effects, identified the problems and designed a course of



**KAREN
PETERSEN**



action. And I am transformed; I am confident my foot will heal.

My favorite gift this year, and probably for as long as I am able to walk, is wrapped in a green and yellow striped cast.

Use my LIDT method when you want to make financial or other changes in your life. This method works if you are consulting with yourself or your family or if you chose to use a professional.

Listen: Make a succinct list of the facts. Summarize the facts to be sure you are working with accurate details.

Identify: What are your resources? What resources do you lack?

Design: Make a plan to use your current resources, knowledge and desires.

Transform: Monitor and modify your design, and you will be transformed from concerned to confident.

If you choose to work with a professional, be sure all the steps of the process are used in the correct order. It is difficult, if not impossible, to be transformed from concerned about the unknown to confident in the future if you don't start with succinct facts, an understanding of your resources and a well-designed plan of action.

If you had the time, would you start today to give yourself the gift of financial security? If the answer is yes, make a commitment to start in January 2011. Tear out this column, attach it to your January 2011 calendar, and plan to give yourself the gift of financial security.

Because life is ... more than money.

Karen L Petersen CFP® CDFA™ is a fee based financial advisor. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

fitness | FITNESS GIFTS

Looking for gift ideas for the active person on your list? Or perhaps ways to gently nudge the inactive? Take these suggestions from active local experts who share a few of their favorite things.

For running, snow-shoeing or cross-country skiing this winter, marathon runner Joyce Hagley says her feet were kept dry and blister-free during her fall half-marathon with **wool socks**, available from JAX SmartWool PhD Running Ultra Light is one to try, and at \$10.50 a pair they are a great stocking stuffer or small gift.

Is someone on your list having trouble falling asleep or looking for a sense of calm and peace in their lives? "**AM and PM Guided Meditations**" by Gael Chiarella is available on audio CD for \$13.59 through Amazon.com and is recommended by meditation and yoga instructor Joel Geske. To test drive the CD, you can find it at the Ames Public Library. Chiarella also has other CDs available if you like this one. Most meditations on the "AM and PM" CD are just 15 minutes long.

"**The 150 Most Effective Ways to Boost Your Energy: The Surprising, Unbiased Truth About Using Nutrition, Exercise, Supplements, Stress Relief and Personal Empowerment to Stay Energized All Day,**" by Jonny Bowden is available in paperback. This and Bowden's other best-selling books, including "**The 150 Healthiest Foods on Earth**," "**The Healthiest Meals on Earth**" and "**The Most Effective Natural Cures on Earth**," offer a wealth of resources for those who seek to live a healthier life in all areas of life. You'll find them at your favorite bookseller for the list price of \$24.99 each.

Who do you know still exercising in cotton? Yes, cotton feels great, when it's dry. But once wet, it's heavy, holds moisture and is the perfect breeding ground for blisters, rashes and chills from cooler winter weather. Get your exerciser dressed in some **tech wear** for less with Champion (C9) exercise clothing from Target. USA Triathlon and Cycling Certified Coach Julie Kirkpatrick loves Champion exercise wear for making technical fabrics affordable. Buy the article or buy a gift card and include photos in your card so the recipient can choose.

Vibram FiveFingers Performa Jane is a women's model among increasingly popular "natural" footwear options. They're the next best thing to going barefoot. Worn during exercise, including running, resistance training (as long as you're careful not to drop weights) and mind-body practices, these shoes are a way to regain much-needed strength in the foot lost in the supportive soles most of us

wear all day, some experts say. Marathon runner Hagley recommends the Performa Jane model for people who prefer not to go barefoot while practicing yoga. Vibram models vary in price. Figure on spending around \$99, depending on your choice. Conversion charts will help you if you know your gift recipient's U.S. shoe size.

Metabolic testing can tell you what kind of fuel you're burning at specific exercise intensities and help you train for the performance you want. Want to go long and gain endurance? You want to learn to burn more fat for fuel at higher exercise intensities so you last longer before fatigue sets in. Have you hit a plateau and know you're doing the exercise but not seeing results? Consider a Resting Metabolism Rate testing at \$75 and Exercise Metabolic (VO2) testing for \$175 or both for \$225 are available through Zoom Performance and Rocket Science Coaching. You or your trainer can use that information to design specific workouts that get better results than just climbing on the treadmill and "getting your heart rate up."

Do you know someone who wants the push to do a "bucket list" item like a marathon or triathlon? Give them the **registration fee!** Hy-Vee triathlon registrations are open online now for \$175 for an individual or \$225 for a team. Smaller events are probably not yet open for registration, but cash in a creative package can send the message.

Be the catalyst for group involvement in **Live Healthy Iowa**. Consider groups you're already involved with and recruit members. Everyone you know wants to feel and look better. The next program starts Jan. 20 and is a great idea for a corporate Christmas gift or a family fitness program. How about a neighborhood challenge? Step 1: Start a team. Form a team of two to 10 people. Gather your team's e-mail addresses and T-shirt sizes. Step 2: Choose a team name and team captain. Step 3: Register online. Registration opens Dec. 15.

Don't forget the pets! Keep your four-legged friend fit all year and get the both of you outside more often with a \$55 (Ames resident) annual **Dog Park permit**. Permits are available at the Ames Community Center, 515 Clark St. Bring your pet's current vaccination papers.

Small budget? Google sites that allow you to map your bike or running routes and **create ready-made routes** of varied lengths that conveniently sweep past spots for water and bathroom breaks. Ames Area Runners uses this method weekly to find new adventures. When your busy friends want to work out, they've got a plan ready to go for the time and distance they want, and they haven't had to waste time searching. Don't forget to save copies for yourself, too.



DEBRA ATKINSON



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food | **HEALTHY HOLIDAYS**

10 STRATEGIES for healthy holiday eating

Nutrition experts encourage people to focus on weight maintenance rather than weight loss during the holiday season. Use the following hints to help you enjoy the holiday season without adding inches to your waistline.



AMY CLARK

Hard liquor contains about 175 calories for just 2 ounces, and wine contributes 80 calories per half-cup. Reach for low-cal or calorie-free beverages when possible, and save those calories for a special holiday treat.

6 DON'T HANG OUT NEAR THE FOOD. Putting some distance between you and the chow creates an obstacle between you and calories.

7 CHEW SUGAR-FREE GUM. It will make you less likely to put more food in your mouth.

8 AVOID SALTY SNACKS. They can make you eat and drink more.



1 BALANCE WHAT YOU EAT WITH OTHER MEALS THROUGHOUT THE DAY.

If your holiday meal is scheduled for 5 p.m., eat a small, lower-calorie breakfast and lunch so you can enjoy your favorites without overdoing it. Be careful not to skip an entire meal in anticipation of a party; you'll end up eating more.

2 CHOOSE ONLY THE FOODS YOU REALLY WANT, AND KEEP THE PORTIONS SMALL.

Make it a balancing act. Perhaps skip the salad with dressing — you can have one any day of the year — and go for that homemade stuffing.

3 FILL UP ON HIGH-PROTEIN AND HIGH-FIBER FOODS.

Foods such as lean meats, raw vegetables and whole grains contain sufficient bulk to help fill you up, leaving less room for overindulgence on empty calories in sugar-filled goodies.

4 EAT SLOWLY AND CHEW THOROUGHLY.

You'll be amazed how much willpower you can generate when you take your time and give your "satiety center" an opportunity to tell you that you aren't that hungry anymore. It takes approximately 20 minutes for your stomach to signal to your brain that you have eaten.

5 BEWARE OF LIQUID CALORIES.

Eggnog can have up to 400 calories per glass. The average can of beer or soda: 150 calories.

9 TAKE THE INITIATIVE IN PREPARING A HEALTHY HOLIDAY SNACK OR MEAL ITEM.

Veggie platters are always a big hit. To keep them low-fat, make a dip with low-fat or fat-free sour cream, mayonnaise or cream cheese.

10 GET MOVING.

Wouldn't you rather burn it up than give it up? Make sure moderate exercise is a regular part of your holiday routine. It can help burn off extra calories, tone your muscles and work off some of the holiday stresses and strains.

CRANBERRY-BRIE TARTS

Serves 15 (1 tart each)

Ingredients

- 15 mini phyllo shells
- 8 ounces Brie cheese
- 2/3 cup whole-berry cranberry sauce, divided

Preparation

Bake phyllo shells according to package directions; let cool. Preheat oven to 350 degrees F. Trim rind from Brie; cut into 15 pieces. Place one piece in each baked phyllo shell. Place shells on baking sheet; bake 5 minutes or until cheese melts. Top each with 1 teaspoon cranberry sauce.

A tender and tasty treat

Cookies have always played a significant role in holiday celebrations in my house. Whether my children and I were making them to give as gifts, putting them together on a countdown calendar or preparing them as a Christmas Eve snack for Santa Claus, baking cookies allowed us to have fun while spending quality time together.

When they were very young, the kids seemed to want to make only sugar cookies that they could decorate with heaps of frosting, sparkles and the like. So was born the idea of the cookie calendar: one cutout cookie per child for each day of the month, decorated with frosted numbers 1 through 31, wrapped in plastic wrap and attached to a hand-made poster board calendar with a twist tie. My son and daughter eagerly anticipated the undertaking of this project every year, because it meant that each day in



**DEBORAH
BUNKA**

December would promise a small sweet treat until the holiday season came to a close.

As they got a little older and more eager to give to others, the kids and I began to explore holiday cookies from around the world. Picking out five or six recipes, we would prepare little sampler boxes to give to family, teachers and close friends.

Needless to say, these presents were a hit, and the little boxes became a new family Christmas tradition.

Over the years, we prepared many different kinds of cookies for our sampler boxes, but only a handful became part of the must-bake repertoire. The recipe for chocolate shortbread cookies, at right, was one of the keepers. The dough is easy to prepare, but be sure to follow the directions and cook at the proper low temperature for the required amount of time. Tender and tasty, these cookies will absolutely melt in your mouth. If there are any left at Christmas Eve, be sure to put one on a snack plate for Santa to enjoy.



CHOCOLATE SHORTBREAD COOKIES

Makes 2 dozen cookies

Ingredients

2 sticks unsalted butter, softened slightly
1/2 cup sugar
1 1/2 cups flour
1/2 cup unsweetened cocoa powder
Dash of salt

Directions

In a medium bowl, beat together butter and sugar. (Medium speed for 30 seconds if using an electric mixer.) Add flour, cocoa and salt. Beat until dough comes together, about 2 to 3 minutes. (Medium-low speed if using the electric mixer.)

On a floured surface, roll out dough approximately 1/4-inch thick. With a lightly floured cookie cutter, cut dough into desired shape. Place cookies 1 inch apart on an ungreased or parchment-lined cookie sheet. If time allows, refrigerate for 1 hour.

Preheat oven to 250 degrees. Bake cookies for 45 minutes or until firm. Let cookies cool on pans five minutes. Move to racks to cool completely.



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Silver bells, silver bells, it's Christmas time in the city. How do we sparkle and shine for the holidays with our busy days of work, family and holiday festivities? Planning ahead would be the best bet. This includes eating right, getting enough sleep and continuing an exercise program. Fall a little behind on any of these, and the following may be the extra help you need.



KATHY COOK

SKIN DULL AND DRY OR ITCHY?

Add a richer moisturizer for the winter. If you normally use a gel or lotion, switch to a cream. If you use a cream already, try a night cream during the day. Avoid hot showers, as hot water is more drying, and, immediately after your shower, pat dry and apply the cream to lock in the moisture.

WANT TO LOOK LIKE YOU HAVE BEEN ON A RELAXING VACATION?

Self-tanners or a spray tan will have your friends guessing on your recent destination. Well-moisturized skin will make a spray or self-tanner look more even and natural.

BREAKING OUT LIKE A TEENAGER AGAIN?

Stress-related breakouts can have you scrambling to find the cover-up. For a quick fix, use an over-the-counter benzyl peroxide or salicylic acid acne spot treatment product on the blemish. Visine for eyes on the blemish may decrease redness, and a concealer feathered at the edges and set in place with powder will help cover it up. Prevent breakouts by washing your face and using a gentle exfoliant. Also, use an alcohol-free toner to completely remove makeup. For more serious breakouts, see your dermatologist for long-term solutions.

DOES YOUR SKIN HAVE A HANGOVER AFTER YOU'VE BEEN ENJOYING YOUR FAVORITE HOLIDAY DRINK?

Redness associated with acne rosacea is often worsened by alcohol. Using a green-toned base such as Physicians Formula (available at chain and discount stores) will cover red tones better than a foundation alone. The Physicians Formula line also has a green-tinted moisturizer for someone who doesn't wear foundation and a camouflage powder to use alone or over your foundation.

ARE YOUR FACE OR EYES SWOLLEN?

The combination of alcohol and salty foods may result in swelling of the face, particularly around the eyes. Sleeping on an extra pillow so that you are not lying as flat will decrease swelling. Cool tea bags or cold gel packs on the eyes may reduce minor swelling (use gel teething rings for a cold pack). For swollen eyes, use an eye gel rather than a cream, as it is lighter. To cover up dark circles, use an undercover the same color as your skin tone, not lighter as is commonly recommended. A little iridescent glow just above or below the brow bone rather than under the eye will be more brightening. Peach or champagne-colored eye shadow will also make your eyes look brighter than smoky colors.

NEED TO GET RID OF WRINKLES?

If you plan ahead a little, a trip to the dermatologist for Botox can take away the frown lines for a more relaxed look. Other instant help includes microdermabrasion for immediate smoothing of skin. Wrinkle filler injections give immediate improvement and can be injected in different areas to plump up lines or the lips. Because bruising can occur, I recommend if you are considering fillers that it is done two weeks before any big event. Your dermatologist can also recommend skin care products customized to your needs and skin type that offer immediate improvement and long-term results.

My best advice, however, is this: Don't strive to make everything perfect, but take the time to enjoy your family and friends and be thankful for each day of this beautiful season.

something to look forward to | GOING SHORT



Q Now that summer is gone, can you please give a step-by-step on how to blow-dry and straighten hair for the coming winter months. It is not fun to go out into the cold with a wet head of hair.

A Shampoo, condition and towel dry your hair.

Apply a leave-in conditioner; this will either be a spray or a cream. Comb the leave-in conditioner through the hair with a wide-tooth comb.

Section your hair by putting two-thirds of it in a claw clip starting from the back of your head.

For a smooth look, blow-dry the first section using a round brush.

Q My hair is long, and I am thinking about taking it short. Do you think it is a good idea to try something different during the holidays and the new year?

A Taking your hair from long to short is a great way to change up your hair routine. Short hair can be worn in many different ways and can be very stylish and flirty. One thing to remember when going from short to long hair is that it is all about a great haircut. When you wear your hair short, the cut is much more noticeable, and it is much harder to hide on bad hair days. You can't just put it in a pony tail. This also means that with short hair, you will be looking at more maintenance. So plan on visiting your stylist about every four weeks to get your style reshaped.

Depending on how edgy you want to go, you might try leaving longer sections to one side of your face. This will create an asymmetrical, trendier look. Another popular short hair trend is the pixie, which is a very short cut. If done right, the pixie can be very feminine. Then there is always the bob to fall back on. This is a classic cut that can be done if you are testing the waters and not sure how short you want to go.

Another thing to be aware of is that when you have a short hairstyle you do not need to use a lot of products to achieve a chic look. Try using some hair cream or styling wax to make the hair look textured or smooth to achieve whatever your desired look might be. Another thing to consider is the color of your hair. To add definition to your new style, consider adding low lights such as golden tones, which will add depth and shape to the style.

No matter what you decide to do, the holidays and the new year are a great time to try something new. Remember, hair always grows back.



JOSHUA DUCHENE

Move up your head to section two and then three using the round brush to blow these sections dry as well.

When the hair is completely dry, apply a heat-protective spray all over the hair. Then comb through the hair to get rid of tangles.

Section the hair again starting from the back of your head going up.

Apply a flat iron to 1-inch sections of the sectioned hair. Flat-iron each section of hair from the roots to the ends.

Finally, apply a shine spray to give the hair a shiny finished look.

Looking for that unusual gift?

A SNACK IN THE FACE

CAFFEINATED SUGAR COOKIES: \$17

Located near Campustown at 2414 Lincoln Way, A Snack in the Face is a new spin on the classic bakery, offering a variety of baked goods with a caffeine kick. This box of treats includes six bags with six caffeinated cookies in each. It's the perfect treat for the caffeine lovers in your life.



MOLLY CLARK

AMES CUPCAKE EMPORIUM

BOX OF NINE CUPCAKES: \$16.99

Ames Cupcake Emporium, which opened on Main Street in Ames in July, offers boxes of nine cupcakes in assorted flavors that change daily. These cupcakes are a great gift for anyone with a sweet tooth.

WORLDLY GOODS

KNIT ANIMAL HATS: \$24

Winters in Iowa get cold. Help the special people in your life stay warm this holiday season with

knit animal hats from Worldly Goods. The hats come in different animal designs. Worldly Goods, at 223 Main Street in Ames, offers fair-traded, handcrafted items made by artists and artisans in developing nations around the world.

THE PUMPKIN PATCH

UGLY DOLLS: \$7-\$24

These stuffed dolls are not the "ugly" creatures that their name suggests. They are actually little stuffed monsters that come in all shapes, colors and sizes. You can find these cute critters at The Pumpkin Patch, 302 Main St., in downtown Ames.

COOK'S EMPORIUM

FRUIT INFUSION NATURAL FRUIT FLAVOR

PITCHER: \$24.95

This handy kitchen item is something that anyone can enjoy. The pitcher has a detachable plastic tube in the center, which can be removed and filled with any fresh-cut fruit. Then, replace the tube, fill the pitcher with any beverage and it will be infused with that fruit flavor. Cook's Emporium is located at 313 Main St., Ames.



By Amy Vinchattle/Facets

TEMPTATIONS ON MAIN

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faceted woman | MARIA MCFARLAND

Name: Maria McFarland

Age: 45

Position: Retail Product Manager

Family: Husband, Roger; sons Clint, 24, and Cory, 21

What would you do with \$1,000 to spend on yourself?

I would buy something for the inside of my house that I don't really need but want and don't want to spend the money on now.

Your favorite meal:

My mom's fried chicken, mashed potatoes and gravy. (My mom makes the BEST chicken gravy.)

I never leave home without:

My cell phone and watch. I will even turn around and go back home to get them.

Your favorite motto:

Life is good today.

— Zac Brown Band

What makes you happy?

Spending time with my family and friends. Traveling, camping, boating, etc.

What makes you laugh?

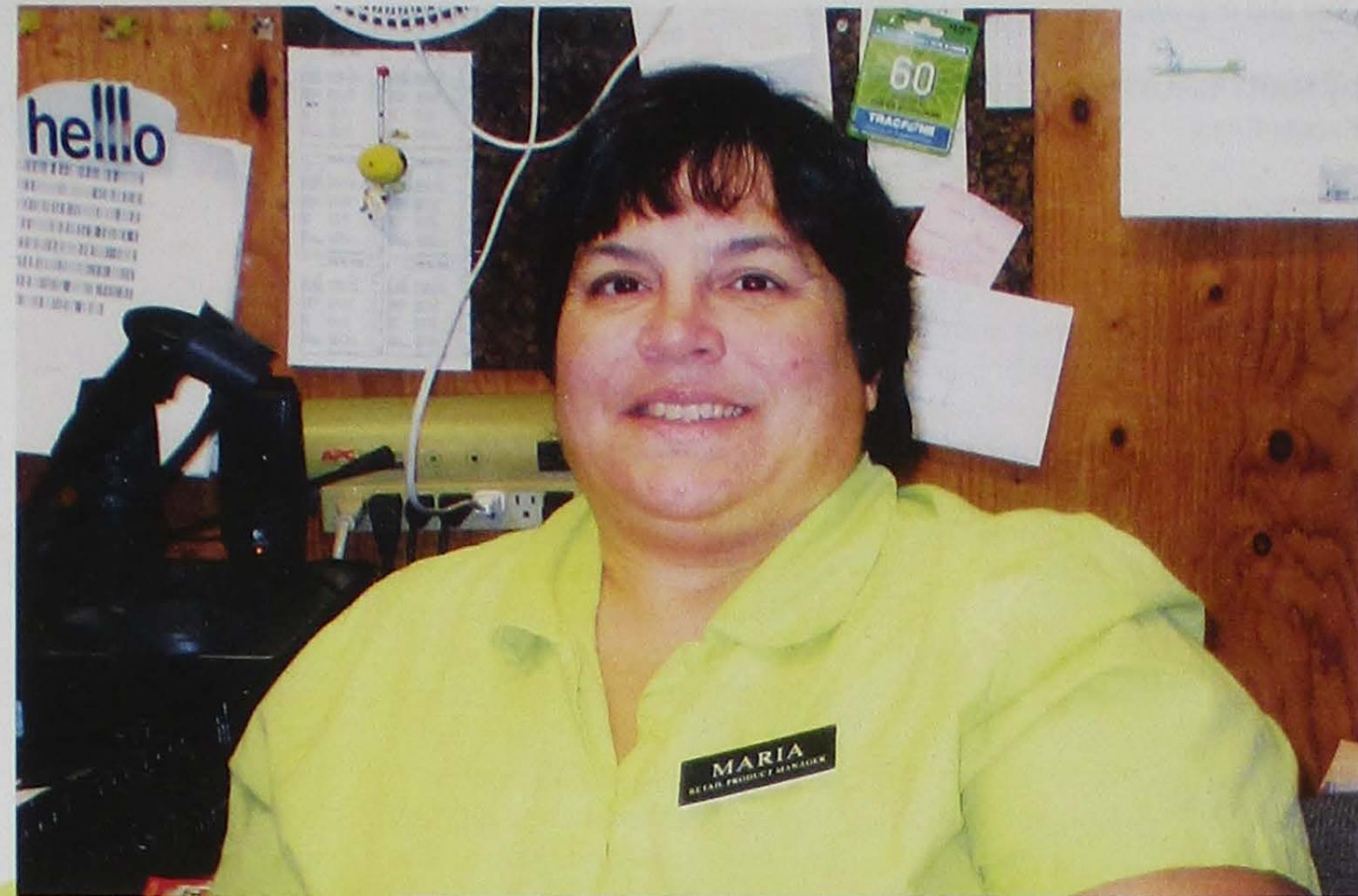
I am a big fan of one-liners. Just having a conversation with someone and turning it into something fun.

What have you accomplished that has made you proud?

Being married to my high school sweetheart for 26 years. Raising our boys to be respectful, successful young men.

If you knew then what you know now, what would you have done differently?

I would have slowed down and enjoyed life more, and spent more time holding and playing with my kids when they were young.



Contributed photo

Do you believe in New Year's resolutions? Do you have one this year?

They personally don't work for me. If someone else is able to make and hold to a resolution, more power to them. If, over the last 30 years, New Year's resolutions had worked for me, I would be the skinniest, sexiest, richest, most fit, successful woman in the world.

How do you reward yourself?

I really don't have an answer for this, but my friends say I reward myself by buying purses.

How do you take care of yourself financially?

I'm frugal. I shop the ads and clearance racks. I recommend having money taken straight out of your pay, so you don't even know it's gone. Be a planner; set money aside specifically for large purchases and trips.

My simplest pleasure:

Spending time with my family.

I secretly love:

Trashy talk shows

When I am an old lady:

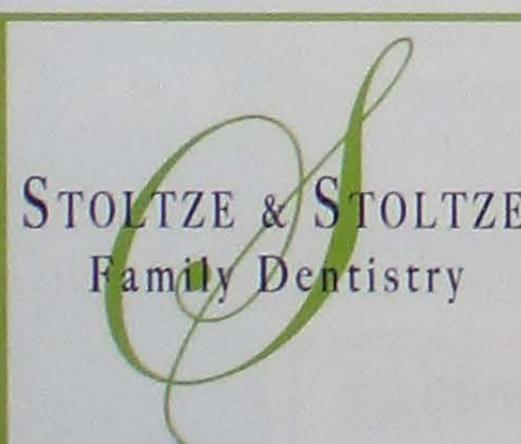
I want to camp, travel and explore with my husband.

I am thankful for:

My family, friends and job security.

What financial advice would you give other women?

Set a monthly budget and live by it. Be sure to include money set aside for yourself or for couples time.



Stoltze and Stoltze would like to THANK their patients and staff for a wonderful 2010! Stoltze and Stoltze Family Dentistry—helping you and your family have healthy beautiful smiles.

— DANIEL M. STOLTZE, DDS
SONYA M. STOLTZE NEWSTROM, DDS

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hue & cry | GOODBYE AND THANK YOU

(Hue and cry: Any loud clamor or protest intended to incite others to action.)

By MARY HALSTRUM

Facets Editor

This holiday season is looking bright for my family and hopefully for yours as well. Spending time with family and friends is my absolute favorite part of the holiday season. Consuming large quantities of goodies and watching football and basketball rank right up there as well.

As this year draws to a close, I have some news to share. After 2 1/2 years as Facets editor, this will be my last edition and my last column. I know it's a cliché when I say "all good things must come to an end," but I believe it to be true. And being part of Facets has definitely been good for me. I've met so many interesting people and covered a wide variety of topics during my tenure.



MARY HALSTRUM

Editing and writing for a magazine that caters especially to women was a valuable experience for me, one that I can't quite put into words. In today's world, most women are busy being all things to all people. We are mothers, wives, full-time workers, housecleaners, home-room volunteers, business owners, daughters and more. And sometimes we forget to take a little bit of time for ourselves — not a lot, just a slice here and there. I hope Facets helps give you a respite from the hectic

pace of everyday life.

I'd like to give kudos to all the freelance writers that I worked with on Facets, as their contributions really made the magazine flourish during my time here. And doubly thanks for always making deadline because, let's face it, deadlines are inherently important in the news business.

Part of me is sad about leaving the magazine and the people involved with it, but another part of me is excited about the opportunities that await me in the next phase of my life. I don't know exactly where I will land, but I'm confident everything will work out for the best, because, based on my experience, it usually does.

One thing I am sure about is that my daughters are completely over the moon about having Mommy around a little bit more for awhile. And since

the teen years are on the horizon, which probably means drama, drama and more drama — after all, I have girls — spending some quality time with them when they actually want me around might not be such a bad idea.

Through these monthly columns I've been able to share a little bit about myself with all of you, which is saying something, since I actually consider myself a bit shy. But my one big regret is that I didn't get to meet each and every one of you, the loyal readers of Facets, because you're the ones who really matter. In an age when some print publications are struggling, it's nice to see that at Facets, that's not the case. No matter where I go, or what I do, print journalism will always be my one true love.

Thanks for everything, and happy holidays to you all!

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When Marcie Niegisch and her family moved into their new home, she knew she wanted a home office that she could custom design to her personal standards and she knew precisely who to call.

"Because I work from home several days a week I needed a workable, organized, and comfortable environment that fit with the modern style of our home," said Niegisch. "I had some photographs of what I wanted in desks, cabinetry and glass work, but I'd never seen anything like it done in Ames. I knew the Ames Contracting Team would find a way to create it."

Love at First Sight

Niegisch and her husband used Ames Contracting Team in their former home six years ago and it was love at first sight.

"The entire team was so wonderful to work with back then that I knew I had to get them involved in conquering this important project," said Niegisch. "And just as I remembered, their bid was competitive, they started and completed the project when they said they would, and each step of the process was explained fully and done professionally."

In addition to the entire Ames Contracting Team's skills, they were very well organized and had a natural talent for project management. The entire plan from start to finish was completely transparent so Niegisch always knew what work was completed and what remained.

"Oren Geisinger with Geisinger Construction set up progress meetings between me and the cabinet maker," said Niegisch. "He knew how important it was for my vision to become a reality and really collaborated with me to get the results I wanted."

Obstacles to Overcome

Because of her office's contemporary design, there were many elements they needed to tackle in order to complete the project – lighting being one of them.

"I visualized that we would have lights shining down through the glass shelving in

the cabinets and Thompson Electric was able to accomplish that," said Niegisch. "Kevin Mumm with Thompson Electric was very thorough about explaining how different lighting placements would have different effects in the room, and also offered to add dimming features that we didn't know were possible. He gave great suggestions and was very friendly."

As with any large project, there are always a few architectural surprises.

"I came home from work one day to find that my husband told the workers to install one of the desks into the wall in the wrong spot," said Niegisch. "With no hesitation, Cory Essick and the Geisinger Construction team came back and actually removed the desk from the drywall and re-attached it. This was no small undertaking. I felt bad about the mistake and Cory assured me they just wanted to make sure it was done right."

"Because of Oren Geisinger's training and experience, he was able to solve any other hiccups and always made sure that my husband and I understood our options, provided us with solutions, and worked with us to keep costs within our budget," said Niegisch. "And once again, he and his crew were on time, always available for taking care of our concerns, and made us feel that we could trust all of them to make our home beautiful."

Tremendous Success

"The last day the team worked on our office, Essick swept and cleaned the room, then came to find me asking where I keep my mop," said Niegisch. "I asked him why and he said it was because he wanted to mop the floor! I didn't let him do it, but I was pleasantly surprised how meticulous this team is!"

"We could not possibly be happier with the results and we completed the project on budget. Not only was the work of impeccable quality, but I could not have asked for more in terms of professionalism from Oren Geisinger and his Ames Contracting crew," said Niegisch.

"If you are looking for a knowledgeable general contractor with superior customer focus and communication skills who can cre-

ate and deliver a project with tremendous value and timeliness, I highly recommend you call Ames Contracting Team," said Niegisch. "The finished product is beautiful and I would recommend them to anyone interested in remodeling or an addition."



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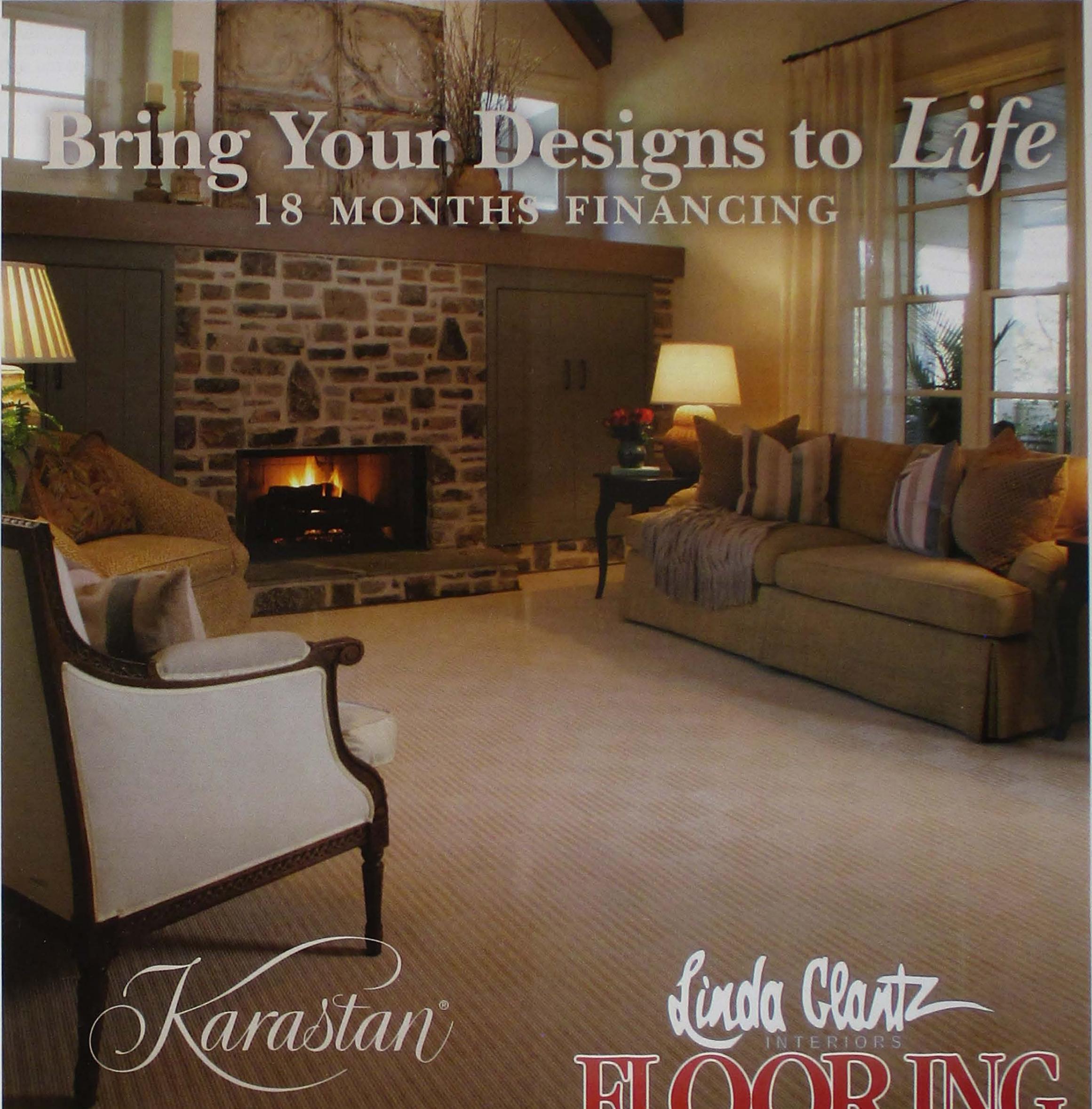
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